Fast And Easy Trance Training Wheels Cheat Sheet

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1. Consent – Hypnotic contract

2. Deep breath - close eyes

3. Relax Eye muscles (test) Catalepsy

4. Open/close eyes 3-times Fractionation

5. Arm drop (test) profound physical relaxation

6. Alphabet backwards

7. Mental relaxation - (somnambulism)

8. Open eyes in trance

9. Imagine wave of pleasure

10. Itch on nose

11. “Sleep Now” to close eyes

12. Plant “Sleep Now” re-induction trigger

13. Open eyes, “Sleep Now”, Open eyes, “Sleep Now”, Open eyes, “Sleep Now”

14. Direct suggestions

15. Emerge them